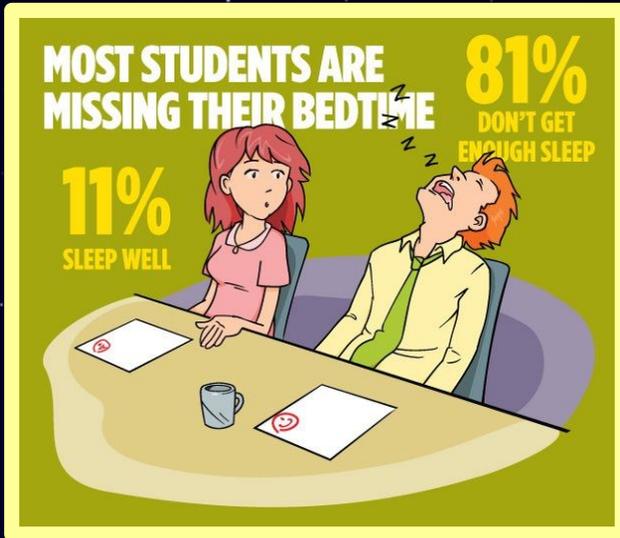


How much sleep do we need?



From infographic: "Sleepless in schools",
by www.schools.com

How Much Sleep Do You Really Need?	
Age	Sleep Needs
Newborns (0-2 months)	12 - 18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5 - 9.25 hours
Adults	7 - 9 hours

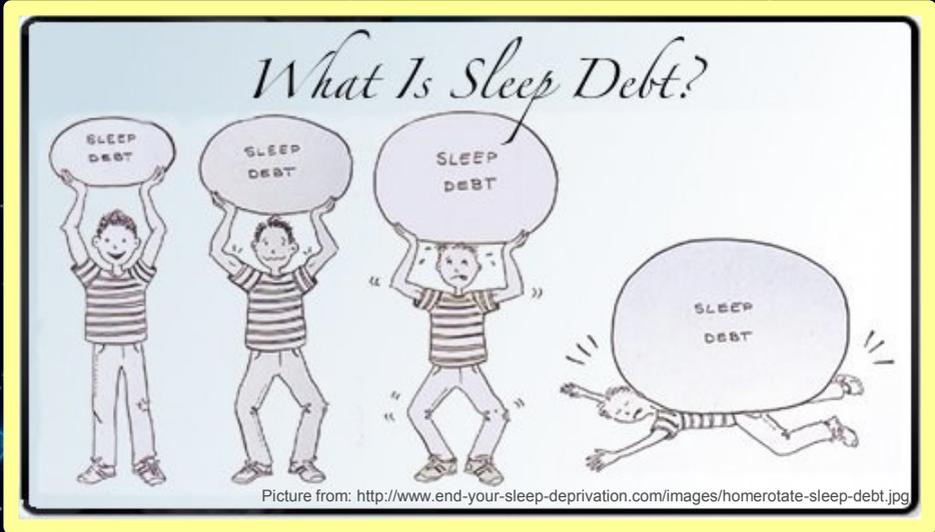
From infographic: "Everything you need to know about Sleeplessness",
by www.heartmath.com

Like eating well and being physically active, getting a good night's sleep is crucial to your physical and mental wellbeing. A lack of good sleep can affect your mood, mental alertness and also your energy levels. It may cause or worsen a host of health problems, including high blood pressure, heart arrhythmias, stroke, diabetes, depression and obesity. Monitor your daily sleep and wake times, to track how much sleep you are getting.

From infographic: "The Basics of Sleep",
by www.tastyplacement.com



Sleep Debt



“Medical evidence suggests that for **optimum health and function**, the average adult should get **seven to nine hours of sleep daily**. But more than 60% of women regularly fall short of that goal. Although each hour of lost slumber goes into the health debit column, we don’t get any monthly reminders that we’ve fallen in arrears. In fact, the greater the sleep debt, the less capable we are of recognizing it: **Once sleep deprivation – with its fuzzy-headedness, irritability, and fatigue – has us in its sway, we can hardly recall what it’s like to be fully rested.** And as the sleep debt mounts, the health consequences increase, putting us at growing risk for weight gain, diabetes, heart disease, stroke, and memory loss.

In some cases, sleep debt results from insomnia or other underlying conditions that may require medical attention. **But most sleep debt is due to burning the candle at both ends – consistently failing to get to bed on time and stay there until we’ve slept enough.**

It may take some work, but **you can repay even a chronic, longstanding sleep debt.**”

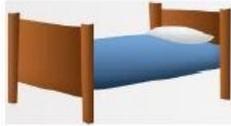
From: “Repaying your Sleep Debt” - Harvard Medical School - <http://www.health.harvard.edu/fhg/updates/Repaying-your-sleep-debt.shtml>

Myths and Tips

Myth: Sleep is not important. I can just get by on a few hours.

Fact: Sleep is vital to our health and well-being, and is just as important as diet and exercise. Research shows that all mammals need sleep. Sleep regulates mood and is related to learning and memory functions. Not only will getting enough sleep help you learn a new skill, stay on task or be productive, it may also be a critical factor in your health, weight and energy level.

Although individual needs may vary, adults typically need between 7 to 9 hours of sleep per night. It is difficult to make up for lost sleep because each time you don't get enough sleep, you add to your



from: www.sleepfoundation.org/

sleep debt (the accumulated sleep that is lost due to poor sleep habits, sickness, awakenings due to environmental factors or other causes.) As a result, the sleep debt may make you feel sleepier and less alert at times.

Many people follow an exercise program to stay healthy. It's important to have a smart sleep program as well.

HOW TO GET BETTER SLEEP

A good night's sleep means setting up the proper bedtime ritual to get the best sleep possible. Here are some of the study's suggestions on what to do and what to avoid:



Avoid going to bed and getting up at different times.



Restrict caffeine, alcohol and nicotine within one hour.



Avoid intense exercise within one hour of bedtime.



Write out worries in a personal journal to relieve stress.



Be physically active each day.



Avoid long naps -- a 15-minute "power nap" is enough.



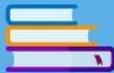
Avoid games and social networking that keep you alert.



Avoid studying, reading, eating or watching TV in bed.



Eliminate too much light in the bedroom. Keep it low lit.



Use the bed for sleep, not for studying for exams.



Set up a comfortable and quiet sleeping environment.



★ K on Sleep and Awareness ★

The wood was asleep; the path through it was dark and winding. There was not a thing stirring; the long twilight was just disappearing and the silence of the night was covering the earth. The small gurgling stream, so insistent during the day, was conceding to the quietness of the coming night. Through the small opening among the leaves were the stars, brilliant and very close. Darkness of the night is as necessary as the light of day. The welcoming trees were withdrawn into themselves and distant; they were all around but they were aloof and unapproachable; they were asleep, not to be disturbed. In this quiet darkness, there was growth and flowering, gathering strength to meet the vibrant day; night and day were essential; both gave life, energy, to all living things. Only man dissipates it.

Sleep is very important, a sleep without too many dreams, without tossing about too much. In sleep many things happen both in the physical organism and in the brain (the mind is the brain; they are one, a unitary movement. To this whole structure sleep is absolutely essential. In sleep order, adjustment and deeper perceptions take place; the quieter the brain the deeper the insight. The brain needs security and order to function harmoniously, without any friction. Night provides it and during quiet sleep there are movements, states, which thought can never reach. Dreams are disturbance; they distort total perception. In sleep the mind rejuvenates itself.

But you might say dreams are necessary; if one doesn't dream one might go mad; they are helpful, revealing. There are superficial dreams, without much meaning; there are dreams that are significant and there is also a dreamless state. Dreams are the expression in different forms and symbols of our daily life. If there is no harmony, no order in our daily life of relationship, then dreams are a continuance of that disorder. The brain during sleep tries to bring about order out of this confusing contradiction. In this constant struggle between order and disorder the brain is worn out. But it must have security and order to function at all, and so beliefs, ideologies and other neurotic concepts become necessary. Turning night into day is one of those neurotic habits; the inanities that go on in the modern world after nightfall are an escape from the daytime of routine and boredom.

The total awareness of disorder in relationship both private and public, personal and distant, an awareness of what is without any choice during conscious hours during the day, brings order out of disorder. Then the brain has no need to seek order during sleep. Then dreams are only superficial, without meaning. Order in the whole of consciousness, not merely at the conscious level, takes place when division between the observer and the observed ceases completely. What is, is transcended when the observer who is the past, who is time, comes to an end. The active present, the what is, is not in the bondage of time as the observer is.

Only when the mind - the brain and the organism - during sleep has this total order, is there an awareness of that wordless state, that timeless movement. This is not some fanciful dream, an abstraction of escape. It is the very summation of meditation. That is, the brain is active, waking or sleeping, but the constant conflict between order and disorder wears down the brain. Order is the highest form of virtue, sensitivity, intelligence. When there is this great beauty of order, harmony, the brain is not endlessly active; certain parts of it have to carry the burden of memory but that is a very small part; the rest of the brain is free from the noise of experience. That freedom is the order, the harmony, of silence. This freedom and the noise of memory move together, intelligence is the action of this movement. Meditation is freedom from the known and yet operating in the field of the known. There is no "me" as the operator. In sleep or awake this meditation goes on.

The path came slowly out of the woods and from horizon to horizon the sky was filled with stars. In the fields not a thing moved.

From Krishnamurti's Journal, Rome, 19th October 1973